

## Recipe for Kindness

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Fold two hands together

and express a dash of sorrow. Marinate it overnight and work on it tomorrow.

Chop one grudge in tiny pieces add several cups of love, dredge with a large sized smile mix with the ingredients above.

Dissolve the hate within you, by doing a good deed. Cut in and help your friend if he should be in need.

Stir in laughter, love and kindness from the heart it has to come, toss with genuine forgiveness and give your neighbor some.

The amount of people served will depend on you, it can serve the whole wide world, if you really want it to.